



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Montowski, Martin

Club: Wernigerode
Number: 240

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:11:30

Speed: 8.15 km/h
Running performance: 7:19 min/km

Rank in course/Total: 383 (of 456)

Rank in course/Men: 336 (of 399)

Best time in course: 1:39:03

Rank in category: 53(of 63)

Best time in the category: 2:02:34

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:37	6:14	41	5:49	277	8:06	3.30	20:37	6:14	22		336	8:02
Schlüsie	3.10	22:48	7:21	48	6:27	298	9:26	6.40	43:25	6:47	22		336	17:25
Hermannsklippe	2.60	24:22	9:22	57	10:05	367	12:49	9.00	1:07:47	7:31	22	0:20	336	30:07
Brocken	3.10	37:01	11:56	49	14:06	334	19:00	12.10	1:44:48	8:39	22		336	48:44
Eiserner Handwe	3.60	22:15	6:10	46	7:32	306	10:12	15.70	2:07:03	8:05	22	0:41	336	58:53
Schlüsie	4.10	23:47	5:48	53	10:03	346	12:49	19.80	2:30:50	7:37	22	2:58	336	1:11:42
Loddenke	3.10	18:20	5:54	51	6:35	318	8:56	22.90	2:49:10	7:23	22	4:13	336	1:20:38
Ilseburg/Markt	3.30	22:20	6:46	58	9:12	357	11:49	26.20	3:11:30	7:18	53	1:08:56	336	1:32:27